



# BAY DISTRICT SCHOOLS WELLNESS PLAN

Health

Wellness

Nutrition

Achievement

Success

The electronic edition of the Bay District Schools Wellness Plan is the latest edition. It replaces earlier electronic and printed editions.

## **I. VISION**

**The vision of Bay District Schools is to foster an environment that promotes health and wellness, engages the community in healthy lifestyles and choices, and carries out initiatives that promote the overall well-being of all students and staff.**

## **II. PHILSOPHY**

**The Bay District School Board is committed to providing school environments that promote and protect children, faculty, and staff well-being and ability to learn and perform by supporting healthy choices and physical activity. The Board believes a healthy staff can effectively perform their assigned duties and model appropriate wellness behaviors for students. These guidelines encourage a comprehensive wellness approach that is sensitive to individual and community needs. The policy is designed to promote physical and health education for students, staff, and other school personnel throughout the district in an effort to support a school district that fosters and promotes healthy lifestyles.**

**AS REQUIRED BY CONGRESS, SECTION 204, PUBLIC LAW 111–296, HEALTHY, HUNGER-FREE KIDS ACT of 2010 (42 U.S.C. 1751 et seq.), THE OFFICE OF STUDENT SERVICES WILL RECOMMEND AND MONITOR OBJECTIVES FOR THE WELLNESS POLICY THROUGHOUT THE ENTIRE SCHOOL DISTRICT.**

### III. NUTRITION EDUCATION

Academic performance and quality of life issues are affected by the choices and availability of healthy food in our schools. Nutritious food supports physical growth, brain development, students' ability to learn, resistance to disease, and emotional stability. Our goals for each school year will be:

A. The Food Service Department will provide reimbursable meals and a la carte items which are in compliance with USDA and FL DOACSW policies and guidelines. <http://www.nutrition.gov/food-assistance-programs/school-lunch-and-breakfast-programs>

- The nutrition staff will effectively deliver accurate food and nutrition information to the district including strategies to promote a healthy mentality
- All health education programs will follow state standards and benchmarks. Schools are encouraged to provide students the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before and after school programs.
- Nutrition services shall support classroom activities for all students and include hands-on applications of good nutrition practices to promote health and reduce obesity. Classroom parties should include nutritious snacks which comply with these guidelines.
- Our School District encourages teachers and families to participate in developmental activities that deliver and support knowledge of nutrition, wellness and healthy eating habits.
- Students will be encouraged to start their day with a healthy breakfast.
- Schools shall consider healthy options when performing fundraisers or after school events that are held on campus.
- Classroom snacks provided for students should meet the requirements of the wellness plan to include healthy options and try to avoid foods included on the Foods of Minimal

Nutritional Value.

<http://www.neisd.net/foodserv/pdf/FMNV.pdf>

## B. DISTRICT GUIDELINES FOR ALL FOODS ON CAMPUS

Guidelines for Healthy School meals, Fundraisers and Snack options outlined in the U.S. Department of Food and Nutrition Service – Healthy, Hunger Free Kids Act of 2010 are used to regulate the following:

- Bay District vending machines with student access shall not contain carbonated, sugary beverages and shall be turned off during meal service hours.
- All snacks allowed in vending machines are to follow USDA guidelines (see appendix A)  
[http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)
- Nutrition service providers along with school officials will ensure that all student offerings are within Federal, State and local parameters. (see appendix A)
- Classroom snacks provided to students outside the NSBP (National School Breakfast Program) & NSLP (National School Lunch Program) should be available in healthy options.  
<http://www.fns.usda.gov/school-meals/smart-snacks-school>
- Parents will be encouraged through education and communication by school and/or school district. to provide their children with healthy snacks and lunches.

## C. NUTRITION OPERATIONS

- Notification of medical situations which impact dietary intake, such as allergies or diabetes shall be reported to the School Cafeteria Lead at the student's respective school. The School Cafeteria Lead will complete a Diet Modification Form with the diet restriction prescribed by a recognized medical authority and submit the form to the District Food Service Office. Upon approval, the School Cafeteria Lead will receive a copy of the meal pattern change and the information will be entered into the

POS system to alert the cashier at the school level of needs for food substitutions.

- All foods available on school grounds are in compliance with food safety and sanitation regulations. Hazard Analysis Critical Control Point plans (HACCP) are available and followed to prevent allergic reactions and food borne illness.
- Schools are encouraged to participate in programs that will offer students healthy options outside of school. Other agencies and community groups that partner with the district will be able to assist, provide, and operate a food service program that provides students with nutritious food on weekends, extended holidays, and throughout the summer.

#### D. EATING ENVIRONMENT

- The District is encouraged to follow the National Association of State Boards of Education's recommended eating time that allow students adequate time to eat after being seated; at least 10 minutes for breakfast, and 20 minutes for lunch, with the exception of alternative schools.
- Meal periods should be scheduled near or as close to the middle of the day as possible.
- School staff, teachers and administrators shall not use food as a reward or as punishment.
- Drinking fountains or coolers with fresh water should be available and located in or near every school cafeteria.
- Serving lines will be arranged to provide students with more time to eat their lunch rather than wait in line too long.

#### E. CLASSROOM AND SCHOOL CELEBRATIONS

- School-wide celebrations should be limited to four times per year: one holiday celebration and one end of year celebration, and two others of the school's choosing.
- Project-based learning activities that involve food within the classroom shall be excluded from the aforementioned guidelines and approved by the school's designated wellness coordinator.

- Teachers and parents are encouraged to provide healthy options for students for school and classroom celebrations.
- Teachers are encouraged to have one day a month for birthday celebrations. Since these celebrations are often coordinated by parents, food may be provided that is not on the approved list. However, teachers will encourage parents to supply healthy options for the celebrations.
- Any snacks brought in from home must abide by the district's peanut-free recommendation to avoid any potential allergic reactions.

#### **IV. PHYSICAL ACTIVITY**

Physical education and physical activity shall be an essential element of each school's instructional program. The program should provide the opportunity for all students to develop skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity. A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including: physical education, recess, after-school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within regular classrooms.

A. Bay District Schools has three levels of Physical Education: Elementary, Middle and High School. The district will offer adapted physical education for students with disabilities and will differentiate instruction and activity based on their individual needs and abilities. The K-12 Physical Education programs will all be based on state standards and are child centered, focusing on the needs of students.

- Elementary School:
  - All K-5 schools students will receive 150 minutes of physical education per week and at least 30 consecutive minutes of physical education on any day during which physical education instruction is conducted (FL Statute 1003.455)
  - It is recommended that at least 15 minutes of recess be provided to students each day.

- Physical education activities will be designed to promote student engagement, age and student appropriate levels of intensity, and fitness education.
  - All P.E. classes will teach NGSSS and assess students' appropriate mastery of each standard through various assessments.
  - Any academic interventions may not interfere with elementary P.E. Students may only be pulled during art or music class.
  - Students in grades K-5 are eligible to waive the physical education requirement if they are enrolled or required to enroll in a remedial course, or if the student's parent indicates in writing to the school that the parent requests the student enroll in another course offered by the school, or if the student is participating in physical activity outside the school day which are equal to or in excess of the mandated requirement.
- Middle School:
    - All 6<sup>th</sup> through 8<sup>th</sup> grade school students will receive the equivalent to one class per day of physical education for one semester of each year.
    - Physical education activities will be designed to promote student engagement, age and student appropriate levels of intensity, and fitness education.
    - Nutrition education will be taught based on Florida State Standards to all students enrolled in P.E. classes.
    - Middle school students will also have the option to obtain ½ high school credit by taking a Personal Fitness class in 8<sup>th</sup> grade.
    - All P.E. classes will teach NGSSS and assess students' appropriate mastery of each standard through various assessments.
    - Students in grades 6-8 are eligible to waive the physical education requirement if they are enrolled or required to enroll in a remedial course, or if the student's parent indicates in writing to the school that the parent requests the student enroll in another course offered by the school, or if the student is participating in physical activity

outside the school day which are equal to or in excess of the mandated requirement.

- High School:
  - All secondary school students will be required to complete one credit (two semesters) of physical education. Students will be required to take ½ credit of Personal Fitness and ½ credit of any Physical Education elective.
  - Nutrition education will be taught based on NGSSS to all students enrolled in P.E. classes.
  - Physical education activities will be designed to promote student engagement, age and student appropriate levels of intensity, and fitness education.
  - All P.E. classes will teach NGSSS and assess students' appropriate mastery of each standard through various assessments.
  - High School students who have completed two seasons or one interscholastic sport or one season of two interscholastic sports and pass the Personal Fitness Competency Test with a "C" or better may waive the entire credit. Students who participate in marching band and/or Junior ROTC may waive the 1/2 credit Physical Education elective.

B. When available, physical education professional development opportunities should be provided to all K-12 physical education teachers. Within these opportunities, nutrition education should be addressed based on NGSSS.

C. All middle and high schools are encouraged to offer interscholastic sports programs. Schools are encouraged to offer a range of sports that meet the needs of boys and girls in grades 6-12.

D. Teachers and administrators are encouraged NOT to withhold physical activity as a form of punishment.

E. Fresh water should be easily accessible to all students performing physical activity during and after school.



## **V. COMMUNITY INVOLVEMENT AND COMMUNICATION WITH STAKEHOLDERS**

### **A. HEALTH SERVICES**

Health services will be offered through a collaborative agreement between the Bay County Health Department and the Bay District Schools according to State Statutes.

1. Primary coordination of health services shall be through a trained registered school health nurse supervisor with the support and direction of the Bay District Schools and the Bay County Health Department.
2. Bay District Schools should collaborate with community health liaisons and resources to promote training opportunities and health and wellness for students, families, staff and community.
3. A coordinated program of accessible health services shall be provided to students and staff and may include, but not be limited to, violence prevention, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI), community health referrals, immunizations, parenting skills, and first aid/CPR training.
4. The Wellness website should be frequently updated to provide community members, parents, and students with information regarding the district wellness plan.
5. Upon request, the school district may provide parents with resources and tools that will inform and educate parents on healthier living and the positives that are associated with making healthier choices.
6. Schools are encouraged to involve community members and stakeholders in their school wellness plan decisions.
7. The district has partnerships with community agencies that include student and family counseling.

## **VI. STAFF WELLNESS**

The district and each work site shall provide information about wellness resources and services and establish a wellness representative to assist in identifying and supporting the health, safety and well-being of site staff. Each school year, a wellness representative designee will be assigned by the principal.

1. Each school and district site shall be in compliance with drug, alcohol and tobacco free policies based on district, state, and federal regulations.
2. Each school and district site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
3. Employees are encouraged to engage in daily physical activity.
4. Employees will be offered the opportunity to participate in healthy Lifestyle programs by the Bay County Health Department and other community resources.
5. The Employee Wellness Center offers many programs to promote fitness and healthy living such as health screenings and weight management information.
6. School buildings and grounds, along with district transportation, will be free from safety hazards and meet all current health and safety standards.
7. The district will provide resources for counseling of students, staff, and families through partnerships with community health services.

8. The district will provide information about health, wellness resources and community contacts, nutritional resources, and other health services to promote wellness among Bay District employees.
9. Each worksite, school, and classroom will seek to create an environment where all visitors, including school-based and community members, feel welcome, safe, and respected.
10. Staff will have access to salad, fruits, and/or vegetables at each school site.
11. A Health and Wellness website will be updated frequently that will be available for staff and the community.

## **VII. OTHER SCHOOL BASED ACTIVITIES SUPPORTING WELLNESS**

1. Elementary schools will be encouraged to offer after school programs that offer students an opportunity to be active.
2. All schools will be encouraged to apply for designation for the Healthier United States School Challenge:  
<http://www.fns.usda.gov/hussc/healthierus-school-challenge-application-materials> and/or The United States Department of Agriculture's Team Nutrition:  
<http://www.fns.usda.gov/tn/team-nutrition>
3. Schools will consider providing healthy options for all activities held on campus before or after regular school hours.
4. Parent information about the wellness plan, healthy options, nutrition, and active lifestyles will be provided through wellness website.
5. Each year, the school district will engage in a healthy activity/event through partnerships with the community.

## **VIII. WHAT CAN PARENTS DO TO HELP?**

1. Provide your child with healthy snacks and lunches and encourage them to eat a healthy breakfast before school.
2. Encourage your child to be involved in active lifestyles that may include after school sports or activities and/or community sports and events.
3. Provide healthy choices to students for school celebrations.
4. Limit the number of unhealthy foods at home and limit the consumption of fast foods and processed foods.
5. Engage in active and healthy lifestyles with your children that builds strong relationships and overall well-being.
6. Communicate any type of food allergies or specific dietary restrictions to your child's teacher, school, and bus driver at the beginning of the year. This information also needs to be included in the online registration process (Parent Portal).
7. Parents are encouraged to track their fitness goals and diets on the ChooseMyPlate.gov website:  
<https://www.supertracker.usda.gov/default.aspx>

## **XI. COMPLIANCE PROCEDURES AND REVIEW OF PLAN**

- The Director of Student Services will monitor compliance with the adopted district wellness plan
- Each school will appoint a school wellness representative.
- The wellness representative will report twice each year to the Director of Student Services mid-year and at the end of the year. They will report on the status of their school in regard to the district wellness goals.
- The Wellness Committee will meet twice a year minimum to review wellness initiatives and goals throughout the district.

- Each school will complete an evaluative survey for self reporting developed by the Wellness Committee and submitted to the Director of Student Services or designee. Each school's evaluative report will be reviewed by the School Health Advisory Council and the Bay District Schools Wellness Committee for progress toward meeting the district wellness goals.
- Recommendations for revisions and improvement in the District Wellness plan will be reviewed each year by the School Health Advisory Council. The Bay District School Board will be given, as an informational item, an annual district report regarding the effectiveness of the district wellness plan.

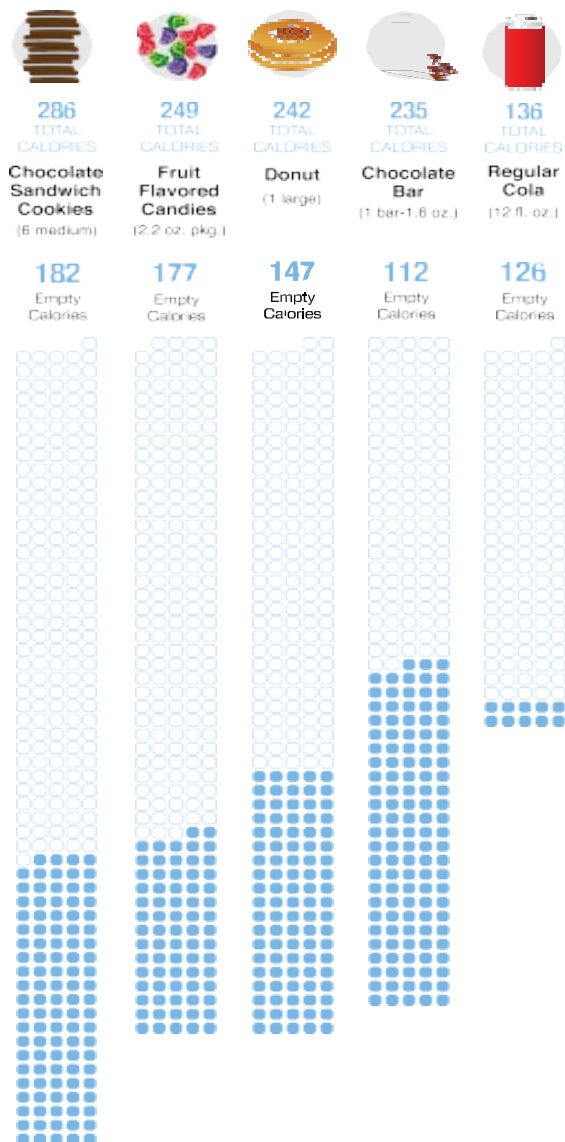
## APPENDIX: A

# SMART SNACKS IN SCHOOL

The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools — beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

● Equals 1 calorie ○ Shows empty calories\*

### Before the New Standards



### After the New Standards



\*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.